Self-Boosting Affirmations

By Destiny S. Harris

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Directions

Step 1: Explore and SPEAK the affirmations out loud, looking at yourself in the mirror until you feel 100% comfortable doing so.

Step 2: Once you have mastered this step, say these affirmations to yourself anywhere and throughout the day for maintenance.

Self-Love

I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.
I love myself.

Confidence

I am confident.
I am assertive.
I am confident.
I am assertive.
I am confident.
I am assertive.
I am confident.
I am assertive.
I am confident.
I am assertive.
I am confident.
I am assertive.
I am confident.
I am assertive.

Fearless

I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.
I am fearless.

Beauty

I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.
I am beautiful.

Forgiveness

I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.
I forgive myself.

Self-Value

I am priceless.
I am valuable.
I am worthy of love.
I am priceless.
I am valuable.
I am worthy of love.
I am priceless.
I am valuable.
I am worthy of love.
I am priceless.
I am valuable.
I am worthy of love.
I am priceless.
I am valuable.
I am worthy of love.

Powerful

I am powerful beyond measure.
I am the leader of my life.
I have the power to change and improve my life.
My life choices are up to me.

I'm A Priority

I am comfortable loving myself.
I am comfortable giving to myself.
I am comfortable putting myself first.
I am comfortable taking care of myself.
My value is immeasurable.
My self-worth is off the charts.

Peaceful, Positive, & Healthy

My mind is at peace.
My thoughts are positive.
My health is sound.
My thoughts are positive, and my health is sound.

Dreams & Goals

I believe in my dreams.
I believe in my goals.
I believe in my dreams.
I believe in my goals.
I believe in my dreams.
I believe in my goals.
I believe in my dreams.
I believe in my goals.
I believe in my dreams.
I believe in my goals.
I believe in my dreams.
I believe in my goals.
I believe in my dreams.
I believe in my goals.

I Am The Sh*t

I am a force.
I am fierce.
I am unable to be ignored.
I am attractive.
I am charming.
I am likable.
I am admirable.

Fun & Happiness

I choose happiness.
I choose fun.
I choose adventure.
I choose life.
I choose to be interesting.
I choose to laugh.
I choose to live my best life now.

Benevolence

I am giving.
I am selfless.
I am loving.
I am kind.
I am thoughtful.
I am aware of others, not only myself.
I am empathetic.

I Never Settle

I do not settle for less in work.
I do not settle for less in friendships.
I do not settle for less in relationships.
I do not settle for less in my life.
I do not settle for less in how I am treated.
I am priceless.

I Am Not A Rug

I stand up for myself.
I never back down.
I have a high self-respect.
I have boundaries.
I do not let others use me.
I am not a toy.
I am a priceless jewel.

Letting Go

I let go of regret.
I let go of mistakes I have made.
I release burdens I have held onto.
I am free, light, and moving forward.
I have an incredibly bright future.
I forgive those who have hurt me.
I choose to be in control of my life—no one else.
I am letting go.

I Live In Abundance

I have a wealthy mentality.
I have a prosperous mentality.
Money is a servant to me.
I always have more than enough.
I live an abundant lifestyle.

Independence Is Sweet!

I am independent emotionally.
I am independent financially.
I am independent physically.
I am independent mentally.
I am independent of other people's problems.
I enjoy my independence.
I value my independence.

Freedom

I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.
I am free.

I Love My Life

I live the life I want.
My life is enjoyable.
My life is beautiful.
Each day is a pleasure for me.
I continually experience new things and people.
I love my life.

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